

# **ANTIOXIDANTS**

## ***For Healthy Eyes and a Healthy Body***

Insufficient levels of Antioxidants in our body cause Oxidative Stress. **Oxidative Stress** is damage to cell structure and cell function and plays a significant role in many human diseases including cancers. **Antioxidants** are molecules that inhibit the oxidation of other molecules. **Oxidation** is a chemical reaction that produces free radicals in a cell. **Free Radicals** cause damage or death to cells by starting harmful chemical chain reactions in the cells. Antioxidants terminate these damaging chain reactions by removing free radicals and inhibiting other oxidation reactions thereby detoxifying and protecting the body.

It has been said that most known diseases today are probably linked somehow to the damage caused by **free radicals** in our bodies. Harmful free radicals are formed by such things as radiation from the sun and x-rays, environmental pollutants as tobacco smoke and car exhaust, and diets of fatty foods and fried foods and preservatives.

Antioxidants can greatly reduce cell damage, strengthen blood vessels and red blood cells, improve circulation, and protect your body by removing these free radicals. Some antioxidants also have anti-inflammatory and anti-bacterial effects.

Antioxidants have been used to aid in the **treatment and prevention** of many common disorders of the body as: allergies, arthritis, atherosclerosis, cardiovascular disease, cancer prevention, high cholesterol, colds, diabetes, degenerative neurological disease, gallstones, hypoglycemia, heart diseases, hepatitis, infections, lupus, migraine headaches, osteoporosis, premature aging, psoriasis, sinusitis, stress, surgical trauma, tooth decay, ulcers, varicose veins, and much more. Eye disorders reported to be helped by the use of antioxidants are **cataracts, dry eyes, glaucoma, retinitis pigmentosa, macular degeneration, diabetic eye disease** and **inflammation** of the eye tissues as pink eye.

Like all other parts of the body, the eyes need to be properly nourished. To protect the eyes and promote good eyesight you need to maintain a healthy diet including the proper amount of the **B vitamins** and antioxidants: vitamins - **C** and **E**, and minerals - **zinc** and **copper** and phytonutrients - **Lutein** and **Zeaxanthin**.

The best source of Vitamins and Antioxidants is a wide variety of fresh Fruits and Vegetables eaten every day – especially dark green leafy vegetables. The USDA recommends that we eat 7-13 servings per day of Fruits and Vegetables. But since most people cannot afford the cost and time to buy, prepare and eat that much, the next best thing to eating Fruits and Vegetables is taking a *Whole Food Nutritional Supplement* as **Juice Plus+**. Whole Foods as Fruits and Vegetables & Whole Food Nutritional Supplements contain thousands of nutrients, including antioxidants, which work well together to enter the bloodstream and help the body.

**Ocuvite PreserVision** or **Bausch & Lomb PreserVision**, daily vitamin/mineral supplements, are good general antioxidant combination tablets with vitamin C and E, zinc, copper, Lutein and Zeaxanthin. Factory manufactured supplements like PreserVision contain fairly high doses of their ingredients but only a few antioxidants and nutrients compared to Whole Foods as Fruits and Vegetables & Whole Food Nutritional Supplements.

**The best way to maintain healthy eyes and a healthy body** is to get plenty of exercise and sleep and drink plenty of water and eat several (as raw as possible) fresh fruits and vegetables every day. Also supplement your diet every day with a Whole Food Nutritional Supplement as **Juice Plus+** (for a wide variety of antioxidants and other nutrients) **and** a vitamin/mineral supplement as **PreserVision** (for high-dose amounts of a few specific antioxidants).